From Classroom to Cafeteria: nutrition education in the classroom impacting student food choices in the cafeteria and at home

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CSNA’s 61st Annual Conference
November xx, 2013
Palm Springs, CA
Overview

• Discover why CSNA and others support nutrition education in schools

• Investigate nutrition education and its influence on student consumption

• Explore the comprehensive nutrition education model

• Learn what teachers are saying about the classroom to cafeteria connection
What does nutrition education look like to you?

Introduce yourself to the person next to you and share your answer.
HHKFA 2010: LSWP Implementation

- LEA shall establish a LSWP for all schools
- Include goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.
CSNA Legislative Position on Nutrition Education

• Sequential, standards based nutrition education be incorporated into pre-k through 12th grade curricula in order to:
  – Provide a foundation of life long good nutrition practices
  – Equip students to make nutritious choices
  – Maximize utilization of the school based child nutrition programs
Why nutrition education a priority?

1 out of 3 children are overweight or obese.

2 out of 3 adults are overweight or obese.
Schools Role in Obesity Prevention: Survey by Field Research Corporation on behalf of Kaiser Permanente

- **83%** adults favor the new USDA school nutrition standards
- **89%** parents feel nutrition education is highly important
- **71%** adults endorse extending new standards beyond mealtime
- **9 out of 10** say K-12 schools should play a role in reducing obesity in their community

[Source: http://share.kaiserpermanente.org/article/survey-americans-expect-schools-to-lead-in-preventing-]
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“Any combination of educational strategies, accompanied by environmental supports, designed to facilitate voluntary adoption of food choices and other food and nutrition related behaviors conductive to health and well-being and delivered through multiple venues.”

Contento, Nutrition Education: Linking Research, Theory, and Practice, 2nd ed. 2010, p14
How Does DCC define Nutrition Education?

• Planned set of learning experiences for the individual
  – designed to motivate
  – skills to adopt healthy eating behaviors

• Utilize a problem solving model
  – support food and physical activity decisions
  – independent and self-directed (DCC’s Behavior Change Model)
The Institute of Medicine Planning Committee for National Nutrition Education Curriculum Standards 2-day public workshop on March 11-12, 2013

- Sponsored by the USDA Food and Nutrition Service
- Featured invited experts presentations and panel discussions
- Explored the merits and potential uses of a set of national nutrition education curriculum standards and learning objectives
- Identify current and promising practices,
- Consider the most important attributes of standards,
- Suggest approaches to build acceptance and use among educators
Nutrition Promotion

Nutrition Education
Nutrition Promotion Vs. Nutrition Education

- Posters
- Bulletin Boards
- Newsletters
- Food group lessons
- Cooking
- Where our food comes from
- Comprehensive, Sequential
### Table 4. Children Participating in the School Breakfast Program Reported Eating Significantly More Servings of Fruits and Vegetables

<table>
<thead>
<tr>
<th>School Breakfast</th>
<th>1999</th>
<th>2001</th>
<th>2003</th>
<th>2005</th>
<th>2007</th>
<th>2009</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>4.3</td>
<td>3.6</td>
<td>4.0</td>
<td>3.5</td>
<td>3.8</td>
<td>3.7</td>
</tr>
<tr>
<td>No</td>
<td>3.0</td>
<td>2.7</td>
<td>3.0</td>
<td>2.9</td>
<td>3.0</td>
<td>3.0</td>
</tr>
<tr>
<td>Difference</td>
<td>1.3</td>
<td>0.9</td>
<td>1.0</td>
<td>0.6</td>
<td>0.8</td>
<td>0.7</td>
</tr>
</tbody>
</table>

### Table 5. Children Participating in Nutrition Lessons Reported Eating More Servings of Fruits and Vegetables in Most Survey Years

<table>
<thead>
<tr>
<th>Nutrition Lessons</th>
<th>1999</th>
<th>2001</th>
<th>2003</th>
<th>2005</th>
<th>2007</th>
<th>2009</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Lessons</td>
<td>2.5</td>
<td>2.1</td>
<td>3.2</td>
<td>2.8</td>
<td>3.2</td>
<td>3.0</td>
</tr>
<tr>
<td>Difference</td>
<td>0.2</td>
<td>0.4</td>
<td>ns</td>
<td>0.4</td>
<td>ns</td>
<td>0.3</td>
</tr>
</tbody>
</table>

Notes: Within the table, “ns” indicates a non-significant difference.
Is nutrition education influencing student choices?

Exercise Your Options: Middle School Curriculum Evaluation Results
Behavior Change Model

Engagement/Relevance
- Identify perceived risks and benefits
- Personal relevance
- Address barriers
- Motivate learner

Knowledge
- Tailor content to stage of life
- Align with beliefs and values that affect choice
- Alignment with national health guidelines

Skills
- Execute knowledge
- Understand what will make new behavior easier to achieve
- Identify triggers

Intent
- Commitment to change
- Self-efficacy
- Value shift/attainment

Plan
- Develop small health goals
- Manage environmental supports/barriers

Implement
- Execute goals
- Adjust as necessary
- Social support
- Adjust mgt of support/barriers

Sustain
- Maintain new behavior
- Internal motivators and rewards
- Manage supports/barriers
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SHAPE Model

- Offering Healthy Meals
- Providing Nutrition Education
- Building and Maintaining Partnerships
- Local School Wellness Policy
What do teachers have to say about nutrition education in the classroom?

video
Questions????